



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09444, Juice, apple, grape and pear blend, with added ascorbic acid and calcium

Report Date: June 30, 2017 11:44 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.92 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	8.0 fl oz 250g
Proximates					
Water ¹	g	86.44	1	--	216.10
Energy	kcal	52	--	--	130
Energy	kJ	219	--	--	548
Protein ¹	g	0.17	1	--	0.42
Total lipid (fat) ¹	g	0.12	1	--	0.30
Ash ¹	g	0.31	1	--	0.78
Carbohydrate, by difference	g	12.96	--	--	32.40
Fiber, total dietary	g	0.2	--	--	0.5
Sugars, total ¹	g	9.95	1	--	24.88
Sucrose ¹	g	0.55	1	--	1.38
Glucose (dextrose) ¹	g	3.50	1	--	8.75
Fructose ¹	g	5.89	1	--	14.72
Lactose ¹	g	0.00	1	--	0.00
Maltose ¹	g	0.00	1	--	0.00
Galactose ¹	g	0.00	1	--	0.00
Minerals					
Calcium, Ca ¹	mg	72	1	--	180
Iron, Fe ¹	mg	0.14	1	--	0.35
Magnesium, Mg ¹	mg	6	1	--	15
Phosphorus, P ¹	mg	11	1	--	28
Potassium, K ¹	mg	89	1	--	222
Sodium, Na ¹	mg	5	1	--	12

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	8.0 fl oz 250g
Zinc, Zn ¹	mg	0.06	1	--	0.15
Copper, Cu ¹	mg	0.013	1	--	0.033
Manganese, Mn ¹	mg	0.086	1	--	0.215
Selenium, Se	µg	0.1	--	--	0.2
Fluoride, F ¹	µg	43.5	25	4.370	108.8
Vitamins					
Vitamin C, total ascorbic acid ¹	mg	50.7	1	--	126.8
Thiamin ¹	mg	0.005	1	--	0.013
Riboflavin ¹	mg	0.015	1	--	0.037
Niacin ¹	mg	0.094	1	--	0.235
Pantothenic acid ¹	mg	0.030	1	--	0.075
Vitamin B-6 ¹	mg	0.018	1	--	0.045
Folate, total	µg	0	--	--	0
Folic acid	µg	0	--	--	0
Folate, food	µg	0	--	--	0
Folate, DFE	µg	0	--	--	0
Choline, total	mg	1.8	--	--	4.5
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	1	--	--	2
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	16	--	--	40
Vitamin E (alpha-tocopherol)	mg	0.01	--	--	0.03
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0
Lipids					

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	8.0 fl oz 250g
Fatty acids, total saturated	g	0.021	--	--	0.052
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.001	--	--	0.003
16:0	g	0.018	--	--	0.045
18:0	g	0.002	--	--	0.005
Fatty acids, total monounsaturated	g	0.005	--	--	0.013
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.005	--	--	0.013
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.040	--	--	0.100
18:2 undifferentiated	g	0.033	--	--	0.083
18:3 undifferentiated	g	0.007	--	--	0.018
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0

Amino Acids

Other

Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6f, 2002 Beltsville MD